

This might affect you, too...

Sometimes the family and friends of victims also feel the impact of the crime, and experience emotional and physical reactions. This is called secondary victimization.

If you have experienced crime or other traumatic events in the past, your friend's experience might bring up memories and feelings of that time. Talk to a counselor, teacher, victim services provider, or other trusted adult to see what kind of help is available for you.

If you are having difficulty finding help, call the National Center for Victims of Crime Helpline at **1-800-FYI-CALL** for free, confidential assistance, information, and referrals to local resources. You can also e-mail NCVC at: gethelp@ncvc.org.

The National Center website contains information bulletins on different types of crime and the laws in each state. For information on different crimes, see the *GET HELP* Series bulletins. For more information about the laws in your state, visit the Public Policy department.



Resources for Information and Assistance

Emergency Phone Numbers

Police Emergency...911
Fire Emergency...911
Warsaw Police Dept...574-372-9511
Kosciusko Co. Sheriff's Dept...574-267-5667
State Police...1-800-552-2959
Dept. of Child Services (DCS) ...1-800-800-5556
Kosciusko Community Hospital...574-267-3200
Warsaw Victim Services...574-372-9539
National Center for Victims of Crime...1-800-394-2255
National Domestic Violence Hotline...1-800-799-7233
Sexual Assault/Sexual Abuse
National Hotline 800-656-HOPE
National Center for Missing and Exploited Children
1-800-843-5678
Child Abuse National Hotline ...1-800-422-4453

Victims' Assistance

Warsaw Victim Services ...574-372-9539
Kosciusko Co. Prosecutor's Office...574-372-2419

Counseling Resources

Bowen Center...1-800-342-5653
574-267-7169
Brighter Tomorrows (Plymouth) 574-935-9449
Lifetouch574-269-7990
McArthur Counseling Center574-267-1700
Warsaw Community Church Counseling
Center574-268-0448

Shelters

Kosciusko Co./Beaman Home...574-267-7701
Noble County Shelter ...800-441-4073
Elkhart Co. Women's Shelter...574-294-1811
South Bend YWCA Women's Shelter...574-232-9558
Allen Co. YWCA Shelter for Women... 800-441-4073

Other Important Numbers

Rape, Abuse, and Incest National Network
1-800-656-4673
Heartline Pregnancy Care & Counseling
574-267-5110
To Check Jail Status....574-267-5667
National Runaway Switchboard...1-800-786-2929
National Drug Abuse Hotline...1-800-662-4357
Boys and Girls Club of Kosciusko....574-268-1155
Baker Youth Club 574-267-8771
United Way/AIRS – Info for Referrals211

How to Help a Friend

***“I’m worried about
my friend.”***

Victim Services

offers crisis counseling, information and referrals, and personal advocacy to victims of violent crime and their families, along with public education/awareness on violent crime victimization.



(574) 372-9539

banglin@warsaw.in.gov

www.warsaw.in.gov

Departments > Police > Victim Services

If your friend is a victim of crime....

Sometimes it's hard to know what to do or say if a friend has been a victim of crime. Understand that your friend is probably dealing with many different emotions and might not know how to talk about it either.

Reading this is a great start to helping your friend. This might not answer all your questions, but it should help you understand how your friend is feeling and good things to say and do, as well as things to avoid. For more information about helping your friend, contact the Helpline at **1-800-FYI-CALL** or gethelp@ncvc.org, or talk to a trusted adult.

People react to the trauma caused by crime in lots of ways. You might see your friend doing or saying things you're not used to. If your friend is changing in ways that worry you, talk to a trusted adult or our Helpline about how to address it.

Some changes you might see are:

- New eating or sleeping habits
- Being angry all the time
- Taking lots of risks
- Doing badly in school
- Skipping school
- Feeling hopeless and helpless
- Having lots of headaches or stomach aches
- Having a hard time concentrating
- Mood swings
- Clinginess
- Nervousness
- Depression
- Using drugs or alcohol

Things that can help...

- Let your friend know you care.
- Try to stay calm. Remember that your friend will be aware of your reactions.
- Don't judge your friend.
- Just listen – Let your friend vent and don't try to have answers for everything.
- Tell your friend that you are sorry that it happened.
- Ask your friend to talk about how he or she reacted to the event.
- Understand that your friend might have mood swings.
- Give your friend time to heal. Don't expect your friend to "snap out of it" quickly.
- Help find other people who can help—other friends, teachers, coaches, and family who can support your friend.
- Don't confront the person who hurt your friend. Though you might want to fix the situation or get back at them, this could make things worse, for you and your friend.

Good things to say...

- Nothing you did (or didn't do) makes you deserve this.
- I'm glad you told me.
- How can I/we help you feel safer?
- I'm proud of you.
- This happens to other people. Would it help to talk to someone who counsels those people?
- I'm sorry this happened.
- I believe you.
- I'll support your decisions.

Things not to say...

- This wouldn't have happened if you hadn't (had)...
- I told you not to; go to that party, date that person, hang out with those people
- Just forget it ever happened.
- Get over it.
- This is private. Don't tell anyone what happened.
- Try not to think about it.
- I want to kill the person who hurt you.



Mandated Reporting

If you choose to talk to someone else about your friend, you should know that in Indiana all adults are mandated reporters. This means they are legally required to report neglect or abuse to someone else, like the police or child protective services. Therefore, all teachers, counselors, doctors, social workers, coaches and activity leaders must report incidents of abuse or neglect that they are aware of. If you want help deciding who to talk to, call our confidential Helpline at **1-800-FYI-CALL**.